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Report urges tax reforms in West

ANALYSIS Alberta needs a more competitive tax regime, states a study released yesterday by the Canada West Foundation.

The report urges the West's provincial governments, not just Alberta, to examine a range of tax-reform options that will improve the region's tax competitiveness, according to CWF senior analyst Casey Vander Ploeg.

"We still have a long way to go. The focus must shift to reforming taxes, instead of just cutting them," Ploeg says in the report.

METRO CALGARY

News on the Move

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SmallBusiness

Metro's series on Small Business Week will explore current issues affecting small businesses as well as profile successful small business owners. See page 10 for more.

On the web

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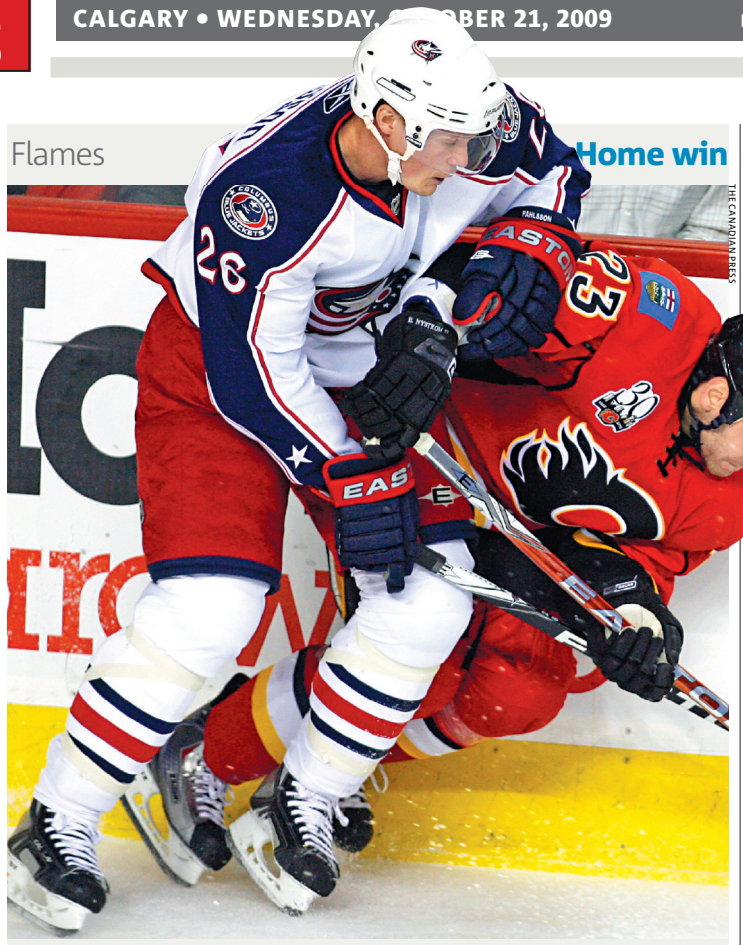
Flames **Home win**



THE CANADIAN PRESS

Columbus Blue Jacket Samuel Pahlsson checks Calgary Flame Eric Nystrom during first-period NHL hockey action in Calgary yesterday. The Flames beat the Blue Jackets 6-3.

Generic drug costs slashed

Fees on new products fall 30%

Alberta is changing its deal with generic drug makers to push the cost of such prescriptions from the highest in Canada to the lowest.

This change has national implications that could affect generic drug prices in other provinces, especially Quebec, which is guaranteed the lowest rate on generic drugs in Canada because of its contract with drug makers.

Starting immediately, the government says the cost of new generic drugs in Alberta is dropping to 45 per cent of the cost of name-brand drugs, creating annual savings of $50 million.

And the province is negotiating with drug makers on reducing prices for existing generic drugs. Health Minister Ron Liepert expects the new rate to be in the 45 per cent range as well, saving an additional $150 million a year.

The savings will be split evenly between consumers and the government itself, which spends $1.2 billion a year on various drug plans.

Albertans have been paying the highest generic drug prices in Canada, at 75 per cent of the brand-name drug price.

Liepert was vague on why this price gap has existed for several years.

"Good question," he said. "I guess it's a lot of things like in health care.

"It needs addressing and we're addressing it."

THE CANADIAN PRESS

ShareYourViews
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Animal groups consult lawyer in fight to move Lucy

ZOO The fight to move Lucy the elephant out of Edmonton's Valley Zoo just went up a notch as animal rights groups have obtained legal representation.

Zoocheck Canada and People for the Ethical Treatment of Animals have obtained a legal opinion written by prominent Toronto-based lawyer Clayton Ruby.

Ruby said unless Edmonton agrees by Nov. 19 to allow Lucy to be shipped to a sanctuary in California, he will file a lawsuit alleging that the city is violating the Alberta Animal Protection Act by keeping the sick elephant in distress.

"This is a very sick elephant. She's got stress from boredom, she's become obese from lack of exercise and she's got arthritis," Ruby said. "Keeping an animal in these conditions violates the animal protection act."

Ruby said he'll argue that the zoo is also violating provincial standards by housing Lucy alone.

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Local

Feast offers buffet of musical talent

Musicians from the Mount Royal University Conservatory Academy of Music will be showcased at the 18th annual Feast of Sound and Song fundraising event this Sunday, starting at 5 p.m. at the Hyatt Regency Hotel. Tickets for the Feast of Sound & Song are available at: 403.440.7758, or email: nhe@mtroyal.ca.

METRO CALGARY

METRO INTERNATIONAL NEWSPAPER OF THE YEAR
2009 Festival of Media Awards

Calgary in brief

ROBBERIES Police are looking for three men involved believed to be involved in a series of prescription drug robberies. The Paragon pharmacy in the 3500 block of 14th St. SW was hit twice in two weeks while the Crowchild location was also robbed. Anyone with information is asked to call 403-266-1234.

METRO CALGARY

Calgary tweets

- @Wendy Wow ... so apparently a van used in a #yyc robbery decided my old place of work was a great place to abandon their van
- @richardbell Who is it you're asking Mr Ed? Other conservatives? RT @premierstelmach: Getting good response to my message of no tax increases. #ableg
- @dbo789 PCs promise achievable good things and never deliver NDPs promise unachievable good things and Libs promise nothing good at all #wap #roft
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Hotel opens at U of C

KRISTA SYLVESTER
krista.sylvester@metronews.ca

Kick up your heels and stay awhile at one of Canada's first on-campus hotels located at the University of Calgary.

Hotel Alma — named after the Latin word for "nurturing" — is a 100 room full-service hotel right in the heart of the university's campus, and all revenue generated will go back into the facility, according to the school's associate vice-provost.

"I think our guests will be pleased to know that part of their travel budget will go towards improving facilities for our students," Voula Cocolakis said, adding revenue will go towards the day-to-day operations as well as the student residence also located in the same building.

There are 85 euro-style standard rooms and 15 one bedroom suites, a bistro and conference facilities for up to 125 people, located in the school's newest building, the Dr. Fok Ying Tung International House.

KRISTA SYLVESTER/METRO CALGARY

Hotel Alma marketing manager Tarah Blum shows off the University of Calgary's new hotel digs. All revenue from the 100-room hotel goes back into the school.

"We're very excited about it."
Voula Cocolakis, University of Calgary

"The hotel is really quite amazing and our hope is that it will catch on. We're very excited about it," Cocolakis said.

Hotel Alma marketing manager Tarah Blum said university students will also prosper with the new hotel by gaining valuable work experience.

"Especially those in the business and hospitality industry. This provides them a chance to get some hands-on training," she said.

The special opening rates range from $109 for the standard room and $139 for the suites and are in effect until Dec. 20.

Three suspects sought after diamond robbery

ROBBERY Police are on the hunt for three men who robbed a man of a "large quantity" of diamonds yesterday morning in the city's southeast, according to police.

Police say the victim told investigators he was sitting in his rental car, which had broken down in the 400 block of 39th Ave. SE when three men smashed the window and stole a large quantity of diamonds.

"Our information is that he was a diamond salesman and had the diamonds on him when he was robbed. Maybe he was being followed or maybe they had information, we're looking into all possible scenarios," Duty Insp. Keith Cain said.

The men reportedly fled in two minivans, one of which may have been recovered in the city's northeast a short time later where police canine units, tactical team and HAWCS helicopter swarmed.

"Right now all we know it was a large quantity of diamonds but we don't know how big or how much they are worth yet," Cain added.

The men are described as brown skinned and may have been driving grey minivans, possibly with Ontario plates.

KRISTA SYLVESTER/ METRO CALGARY

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Police release enhanced pics of fugitive

OFFENDER Police have released new photos of a high-risk offender who has eluded police for over a week and may have changed his appearance.

Police believe Dean Robert Zimmerman, 44, may have shaved off his goatee or grown a beard and hope digitally enhanced photos help the public recognize what he may look like now. Zimmerman walked away from his residence on Oct. 13 and police believe he had intentions of leaving the city by hitchhiking or holing up in a hotel.

Robert Zimmerman

Zimmerman served a three-year, four-month federal prison sentence for sexual assault with a weapon and forcible confinement. He has three Canada-wide warrants out for his arrest. METRO CALGARY

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WHAT'S ONLINE TODAY

Video Jean Chrétien awarded the Order of Merit by the Queen at Buckingham Palace at metronews.ca/canada

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Police lay attempted murder charges
A Calgary man has been charged with two counts of attempted murder in relation to a domestic incident Monday afternoon in the city's northwest. Two victims remain in hospital, though they have been upgraded from life-threatening condition. METRO CALGARY

Grits look to make Bill 50 a priority in fall session

ANDREAS MORSE
for Metro Calgary

The Alberta Liberals say Bill 50 and health care are top priorities for the official opposition party once the fall session of the Alberta legislature kicks off next week.

"We'll be focusing on what's best for Albertans while the other side will be focusing on the upcoming leadership review," said official opposition leader David Swann.

Swann said the Alberta Liberals will be promoting their Bill 50 interactive program, a website and toll-free number that Albertans can use to express their concerns and ideas about the bill which deals with the construction of new electricity infrastructure in the province.

Swann also said health care is an issue that Albertans are anxious to discuss.

"We think that health care will continue to dominate a public agenda even if it does not make much noise in the House as far as new legislation," Swann said.

"We're the only credible party on health care."

Swann said he and his colleagues have met with over a thousand Albertans in forums across the province to hear their health care concerns and suggestions for improvement.

The fall session starts Oct. 26.

Calgary in brief

STUDENTS Alberta university students are paying the third highest tuition rates across the country, according to a Statistics Canada report released yesterday. Alberta undergraduate students are paying $5,520 per year, compared with the national average of $4,917. Alberta also posted the highest compulsory fees increase across the country at $222 dollars, which means students pay $935 in additional costs.

HIT AND RUN Okotoks RCMP say only two people have come forward with information about a fatal hit and run last month on Highway 2A that killed a 33-year-old woman. On Sept. 19th, Tiffany O'Neil was walking along the roadway when she was struck and killed. Investigators hope a Crimestoppers re-enactment yesterday will spur new leads in the case.

METRO CALGARY

Scramble crossing met with mixed opinions

DARREN KRAUSE
darren.krause@metronews.ca

Seventeen months into a scramble crosswalk pilot project, the city has received mixed feedback on its success.

The city's manager of traffic, Troy McLeod, admits he's heard drivers aren't fond of the wait — especially when there are few pedestrians using the unique foot-friendly crossings while all four directions of traffic idle — but walkers enjoy the freedom to cross the Eau Claire 3rd Street SW crisscross intersection as they please.

"What we've heard (from pedestrians) is that it's a great concept and that we should have had it a long time ago," he said.

"What we've heard (from pedestrians) is that it's a great concept and that we should have had it a long time ago"
Troy McLeod

While foot traffic volume hasn't increased substantially, McLeod said, the crossing, which allows pedestrians to navigate the intersection diagonally instead of crossing lanes of directional traffic, has seen an obvious jump in people skipping kitty-corner in their bipedal commute.

To address drivers' concern of longer vehicle wait times, McLeod said the signal lengths have been adjusted in off-peak pedestrian hours to allow for a freer flow of traffic.

While this pilot project is expected to continue, McLeod said no other downtown intersections have been identified for similar scramble setups.

"The locations have to have high pedestrian traffic and minimal impact on other operations such as transit and cyclists," he said, noting for other areas to be considered they would have to meet a stringent criteria.

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PEOPLE POWERED

Chrétien invested with Order of Merit
Former prime minister Jean Chrétien, who once forced news mogul Conrad Black to choose between a British lordship and his Canadian citizenship, was invested yesterday with the Order of Merit by the Queen. THE CANADIAN PRESS

Canada

Spy service hurts confidence: Judge

A federal judge says Canada's spy service "has seriously damaged confidence" in the court process and must help restore trust by handing over a secret file in the case of terror suspect Mohamed Harkat, left. In a decision made public yesterday, Federal Court Justice Simon Noel ordered the Canadian Security Intelligence Service to give him details of a confidential source the spy agency is using to support allegations against Harkat. THE CANADIAN PRESS

Media see freedoms erode: Watchdog

PRESS The news media got a little less free in Canada this year, says a watchdog group in its annual ranking of press freedom worldwide.

Canada fell to 19th place this year from 13th last year on Reporters Without Borders' index of freedom of the press. The analysis covers print, broadcast and online journalism in 175 countries.

Lawsuits intended to silence critics under the weight of the hefty cost of a legal defence — known as strategic lawsuits against public participation, or SLAPP suits — also factored into the drop, said Dennis Trudeau, a spokesman for Reporters Without Borders' Canadian chapter.

"There are issues like real protection of sources," he said.

"Where a reporter could theoretically face jail or a fine for not revealing his sources is in our view, especially when we're dealing with public issues, a unreasonable restriction on freedom of the press."

Earlier this year, Canada's top court agreed to take on a press freedom case involving the sponsorship scandal.

The Supreme Court of Canada agreed to hear the Globe and Mail's challenge of a gag order that barred it from reporting settlement talks between Ottawa and a Quebec advertising firm.

THE CANADIAN PRESS

Challenges

- Reporters Without Borders, also known by its French acronym RSF, says court challenges to journalists' rights to protect their sources precipitated Canada's drop six spots from last year's ranking.

News in brief

OLYMPIC BIDS Chinese sports officials struck a deal to bring the Olympics to Beijing, promising to support Jacques Rogge's bid to head the International Olympic Committee in return for European backing for Beijing's bid, according to a memoir. The alleged deal would have impacted Canada, as Toronto bid against Beijing.
THE CANADIAN PRESS

Feds eye white-collar crime

Making off with $1M could land you at least two year in prison

White-collar criminals who bilk their victims of more than $1 million will face at least two years in jail, under new legislation the federal government plans to introduce this week.

Justice Minister Rob Nicholson, flanked by representatives of victims groups, announced yesterday that he'll table a bill to impose stiffer sentences on white-collar criminals, bar them for life from handling people's money and possibly force them to pay their victims back.

He also indicated Public Safety Minister Peter Van Loan is preparing measures to ensure white-collar criminals can't win parole after serving just one-sixth of their sentences.

"We are committed to cracking down on white-collar crime and increasing justice for victims by providing tougher sentences for the criminals responsible," Nicholson said.

Fraud "can be every bit as devastating as a physical assault."

The minister has sought the spotlight on these measures, announcing his intentions for the bill several times recently, in interviews and news conferences.

But legal experts and victims alike immediately wondered whether the new legislation would be any more effective than the current regime.

The list includes paying attention to the financial and psychological impact of the fraud, whether the offender broke licensing rules and standards and the complexity of the scheme. THE CANADIAN PRESS

SEAN KILPATRICK/THE CANADIAN PRESS

Minister of Justice and Attorney General of Canada Rob Nicholson holds a press conference to discuss white-collar crime legislation in Ottawa yesterday.

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Judge releases video in Toronto 18 case

TERRORISM A judge has released video evidence in the prosecution of the so-called Toronto 18.

Justice Bruce Durno made the videos available today, including one that shows a suspect testing a bomb detonator that's triggered by a cellphone.

The videos were part of the case against Zakaria Amara, who earlier this month became the fourth member of the group to plead guilty in the plot to wreak havoc on Canadian targets.

Amara, 24, was among 18 people arrested in a plot to cause bloodshed and panic in Canada, including bombing RCMP headquarters and nuclear-power plants and attacking Parliament.

The arrests made international headlines when police swooped down on the group in the summer of 2006.

Four of group members, including Amara, have pleaded guilty and one was convicted after a trial.

Charges were stayed or dropped against seven people and six men still face trial.

THE CANADIAN PRESS

Helping people with disabilities save for the future

The Government of Canada has now made available the **Registered Disability Savings Plan** (RDSP) to help people with disabilities, under 60 years of age, who are eligible for the Disability Tax Credit.

A matching **Canada Disability Savings Grant** of up to $3,500 per year will be paid on eligible contributions made to an RDSP.

The Government of Canada will also contribute a **Canada Disability Savings Bond** of up to $1,000 per year to the RDSPs of eligible low- and modest-income Canadians, even if no contribution is made.

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Go to **www.disabilitysavings.gc.ca**
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RDSP grant and bond

Government of Canada Gouvernement du Canada

Canada

Freed Iranian-Canadian journalist Bahari returns to England
Iranian-Canadian journalist Maziar Bahari has arrived home in London after being freed from a Tehran prison, his employer confirmed yesterday. THE CANADIAN PRESS

Child-care a priority: Iggy

The federal Liberals are promising to put a national child-care program at the forefront of the next election campaign and any future government, with leader Michael Ignatieff describing the program as a "legacy" item for his party.

"It's a clear commitment," Ignatieff told reporters after a visit to an Ottawa daycare centre yesterday.

"If you have commitments, you don't have 20. You have three or four and this is one of them."

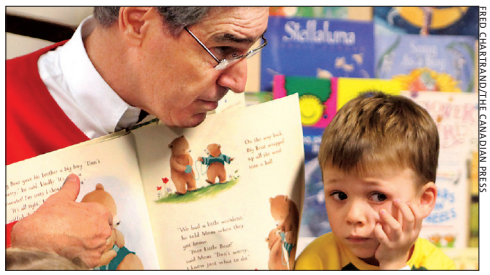
Human Resources Minister Diane Finley immediately poured cold water on the suggestion, arguing that Ignatieff is making expensive promises that he can't afford, and that Canadian parents are already well-served by the $100-a-month cheques they receive under the Conservatives' child-care program.

"Mr. Ignatieff is making grand promises that he absolutely refuses to cost out, or say how he'll pay for them," Finley said.

Ignatieff did acknowledge that delivering on a national child-care program will be difficult if Canada remains mired in deficit — a condition that Finance Minister Jim Flaherty has already forecast to last another five years.

"How you phase it in depends on what these guys leave in the till — and they've spent the cupboard bare," Ignatieff said. "It's very clear commitment. ..... It's a legacy issue for the Liberal party."

The Liberal leader made the vow after spending the morning with children at an Ottawa child-care centre. TORSTAR NEWS SERVICE


FRED CHARTRAND/THE CANADIAN PRESS
Liberal Leader Michael Ignatieff reads to children at Charlotte Bichard's Children's Centre in Ottawa yesterday.

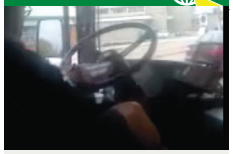
Bus driver plays game on the job?

VANCOUVER Coast Mountain Bus has launched an investigation into a video posted on YouTube yesterday that appears to show a Surrey bus driver doing a Sudoku puzzle while driving along the Fraser Highway.

Gordon McDonald told Metro Vancouver that he used his cellphone to record the driver on Monday evening aboard the Willowbrook bus that goes to Langley from King George Station."I was only on the bus for 10 blocks or so, and he was playing it pretty much from the time we got on the Fraser Highway to 152nd Street," said McDonald.

KRISTEN THOMPSON/ METRO CANADA

VideoOnline



See video of the driver apparently playing Sudoku while driving, at metronews.ca.

News in brief

OTTAWA The parliamentary ethics commissioner will formally look into opposition complaints about Tory MPs putting their own names and party logo on economic stimulus cheques. THE CANADIAN PRESS

Surprise Vatican plan would allow Anglicans into Catholic church

The Vatican announced a stunning decision yesterday to make it easier for Anglicans to convert, reaching out to those who are disaffected by the election of women and gay bishops to join the Catholic Church's conservative ranks. Pope Benedict XVI approved the new provision that will allow Anglicans to join while maintaining many traditions, including having married priests. THE ASSOCIATED PRESS

World

Palin to appear on Oprah

Sarah Palin is going to sit down with Oprah Winfrey. Harpo Productions announced yesterday that the former governor of Alaska and U.S. Republican vice-presidential candidate will appear on The Oprah Winfrey Show on Nov. 16. According to Harpo, the interview will be Palin's first about her new book, Going Rogue: An American Life, and it will be the first time Palin and Winfrey will meet. THE ASSOCIATED PRESS

Sperm donor passed on defect

U.S. A sperm donor passed on a potentially deadly genetic heart condition to nine of his 24 children, including one who died at age two from heart failure, according to a medical journal report. Two children, both now teenagers, have developed symptoms and are at risk for sudden cardiac death, the report says. It's the second documented instance of a genetic condition being inherited through sperm donation. THE ASSOCIATED PRESS

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Scientist worked on sensitive projects

A scientist who allegedly tried to sell classified U.S. secrets to Israel worked on the Reagan administration's Star Wars missile shield program, a former colleague said yesterday.

In an interview, Scott Hubbard said that a scientist arrested in an FBI sting, Stewart David Nozette, was primarily a technical defence expert working on the Reagan-era effort formally named the Strategic Defence Initiative.

"This was leading edge, Department of Defence national security work," said Hubbard, a professor of aerospace at Stanford University who worked for 20 years at NASA. A leader in recent lunar exploration work, Nozette was arrested Monday and charged in a criminal complaint with attempting to communicate, deliver and transmit classified information, the Justice Department said.

To build a case against Nozette, FBI agents posed as officers of the Israeli intelligence service Mossad, and the criminal complaint suggests why they thought their suspect would take the bait. From 1998 to 2008, the complaint alleges, Nozette was a technical adviser for a consultant company that was wholly owned by the Israeli government. Nozette was paid about $225,000 over that period, the court papers say. The complaint does not allege that the government of Israel or anyone acting on its behalf violated U.S. law. THE ASSOCIATED PRESS

'Tell them everything'

- In January of this year, Nozette allegedly travelled to a foreign country with two computer thumb drives and apparently did not return with them. Prosecutors also quote an unnamed colleague of Nozette who said the scientist said that if the U.S. government ever tried to put him in jail for an unrelated criminal offence, he would go to Israel or another foreign country and "tell them everything" he knows.

Peru Abortion debate flares up

KARL NAVARRO/THE ASSOCIATED PRESS

People demonstrate against legal abortion in the Peruvian capital of Lima yesterday. A legislative commission recommended the decriminalization of abortion in cases of rape or if the fetus has severe deformities.

News in brief

COLORADO An investigation into possible criminal charges for a couple who told authorities their son floated off in a balloon shaped like a flying saucer has spread to those who worked with them. Robert Thomas told investigators about what he observed between storm chasers Richard and Mayumi Heene when he helped record the husband's ideas, said Thomas'attorney, Linda Lee. Lee said Richard Heene was "obsessed" with trying to land a TV show and become famous. THE ASSOCIATED PRESS

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Researchers identify giant new spider species
Named Nephila komaci, the spider has a tip-to-tip leg span of 12 cm, and spins a web measuring more than a metre in diameter. THE CANADIAN PRESS

Israel against inquiry

Country to lobby U.S. for support at UN

Israel hardened its opposition yesterday to international calls for an independent inquiry into its fierce offensive against Palestinian militants last December, saying it would urge the U.S. to prevent the issue from advancing at the United Nations.

Israel's decision came at a special Cabinet meeting called to discuss a UN report that has accused Israel and Palestinian militants of committing war crimes during the three-week war.

The report, overseen by Richard Goldstone, and adopted by the UN Human Rights Council last week, recommends war crimes proceedings if both sides do not conduct credible independent investigations into their actions.

But Israel's Defence Minister Ehud Barak, a fierce critic of the report and a former military chief, blocked a discussion yesterday on the matter.

Instead, Israeli Cabinet ministers established a special lobbying team that will urge the U.S. to use its veto power in the Security Council to prevent legal action against Israelis.

Both Barak and Israel's Prime Minister Benjamin Netanyahu argue that the report is one-sided and undermines Israel's right to defend itself. Their internal military investgations have so far cleared the army of any systemic wrongdoing.

THE ASSOCIATED PRESS

The human toll

- According to reports, 1,400 Palestinians, including 900 civilians, were killed during the three-week war, as were 13 Israelis, including four civilians.

Gates gives 76 research grants

SEATTLE The Bill & Melinda Gates Foundation announced yesterday 76 five-year health research grants of $100,000 each for researchers from 16 countries to find unconventional approaches to world problems.

Part of the Grand Challenges Exploration program, the grants are designed to encourage scientists to pursue bold ideas that could lead to breakthroughs in preventing and treating infectious diseases, such as HIV, malaria and tuberculosis.

Nearly 3,000 proposals came in for such research as whether a brief bout of exercise can enhance the efficiency of the pneumococcal vaccine.

One grant went to Andrew Fung, a UCLA doctoral candidate working on an inexpensive and non-invasive new way to detect malaria by using chewing gum to detect malaria biomarkers in saliva.

Bill Gates

Another one went to Steven Maranz, who is looking at the effect of chocolate on the malaria parasite.

Chocolate binds with cholesterol and takes it out of circulation. Since the malaria parasite feeds on fat in the blood, if you take away the fat, you starve the parasite.

THE ASSOCIATED PRESS

Female journalists honoured

NEW YORK Four newswomen, who have continued working in the face of threats, attacks and intimidation, were honoured last night by the International Women's Media Foundation.

Agnes Taile of Cameroon; Iryna Khalip from Belarus; Novaya Gazeta of Russia; and Jila Bani-yaghoob of Iran received the 2009 Courage in Journalism awards.

The Lifetime Achievement Award went to Amira Hass — a journalist with the Israeli newspaper Haaretz — who for 20 years has reported on Palestinian and Israeli government policies from inside Palestinian territory.

THE ASSOCIATED PRESS

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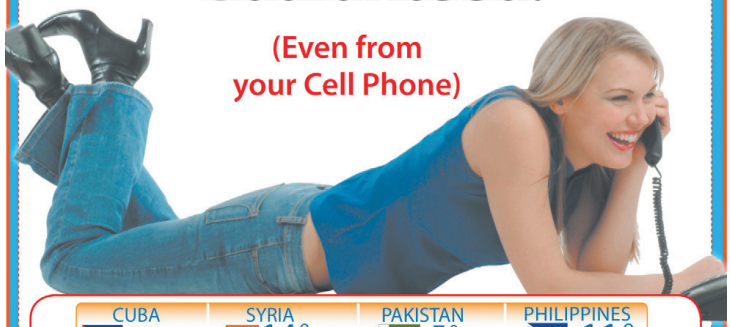

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Comment

When to lock doors?

Tricky situation for migrants wanting to live in Canada

TheWestView

How much foolhardy courage or desperation must it take to pay someone $45,000 to board a rusty old ship, survive a lengthy trip across the Pacific, and turn up unannounced and unwanted on the shores of a strange land, only to face detention and possible deportation?

If you do succeed in getting to Canada and making a successful refugee claim, what's the payoff? A lifetime of menial jobs where most of your income goes to pay off your $45,000 "travel" debt while the rest goes to support your family at home.

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Or, now that they're here, should we dutifully process their claims, and if they convince us that they are legitimate refugees from oppression or violence in Sri Lanka, should we welcome them in, not to mention their families waiting in the wings to see if the big gamble pays off?

Here's the thing: We owe it to all those legitimate noses pressed to the glass, Promised Land on the other side, to make absolutely sure these men don't face real danger back home. If not, home they go.

Otherwise, how can we continue to ask everyone else to wait patiently for their turn?

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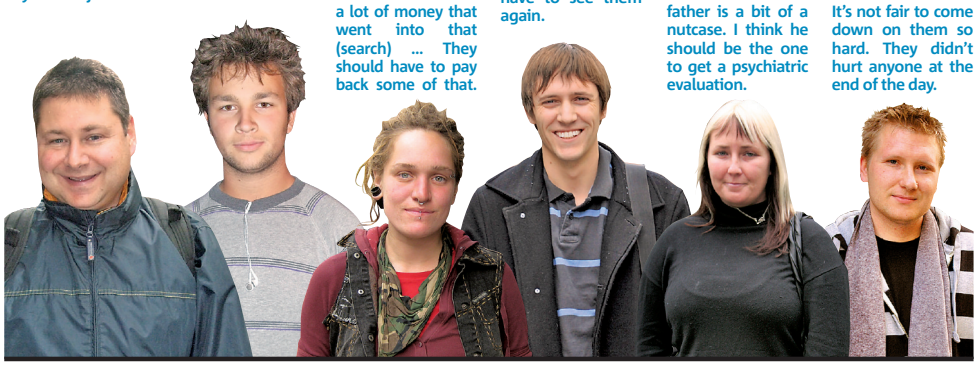

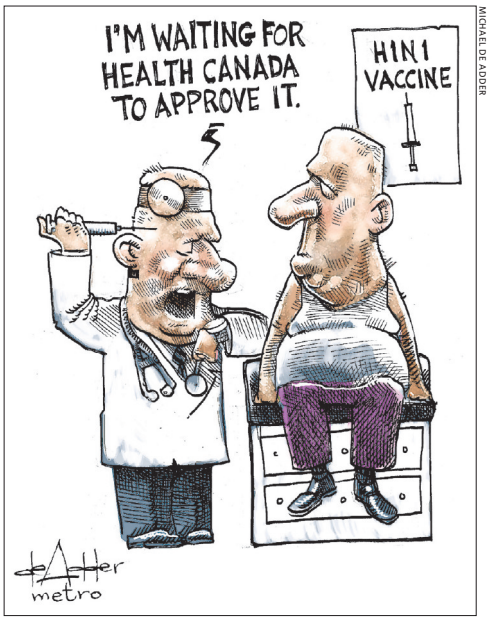

MICHAEL DE ADDER

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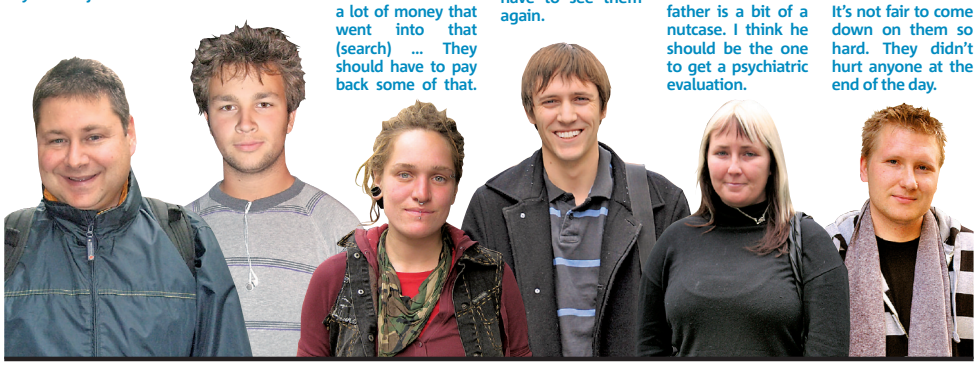

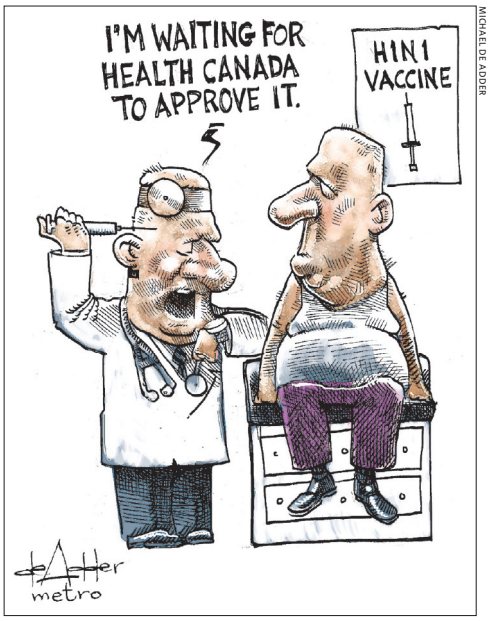

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Did you know?
According to Industry Canada, there has been a 200 per cent increase in the number of women-owned businesses in the past 20 years. METRO NEWS SERVICES

Small Business

Financial options

Tax-free savings accounts, known as TFSAs, can be a flexible and viable way to start a new business, help keep one going, fund a business owner's retirement, or even be a good way for employees of publicly traded companies buy shares. TORSTAR NEWS SERVICE

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

Trailblazers honoured

TRACEY TONG
tracey.tong@metronews.ca

Growing up in New Brunswick, Eireann Rigby was involved in competitive sports, even playing professional basketball in Europe.

Wanting to make sports and fitness accessible to the general public, Prince Edward Island's UFIT was born.

The decision to start the company — which provides pay-as-you-go $5 fitness classes for people of all ages in "a party atmosphere" — "was a very scary journey at the start," said the Charlottetown resident, now 34. "I think the first class in 2002 had eight people, and four of them were family. It's difficult to start, but you've got to believe in it and put it out there."

Seven years later, classes are held in eight locations across the island and attract up to 100 people per class.

Rigby, along with 18 other young people from each province and territory, were honoured at an awards ceremony in Ottawa to celebrate the achievements of young entrepreneurs last night.

To coincide with Small Business Week, the Business Development Bank of Canada held its 22nd annual 2009 Young Entrepreneur Awards for people aged 19 and 35.

The award recipients have realized their dreams in innovative ways, said BDC President and CEO Jean-Rene Halde.

In meeting all the winners, Rigby said there was a huge variety of businesses and achievements, but that all the entrepreneurs share a commonality.

"Everyone has a passion," she said.

An avid cyclist, Corner Brook, N.L.'s Peter Ollerhead, 28, turned his passion for sport into a thriving cycle, cross-country ski and snowshoe shop that has since grown to include a specialty coffee shop.

"I started cycling when I was 12-, 13-years-old," said Ollerhead. "My dad could leave me in the bike shops all day."

At 20, he opened Cycle Solutions, and two years ago, opened Brewed Awakening.

"If you're passionate about something, that's what you've got to focus on," he said.

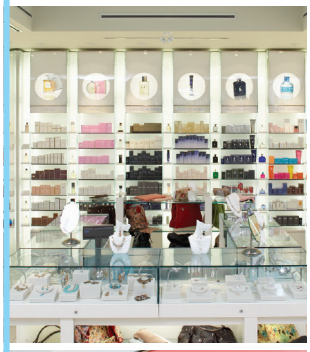
That passion found Toronto's John Carbrey early. He started Intrafinity Inc. in 2001, during his first year at the University of Toronto.

Now 27, Carbrey thinks "people have to go for what they're passionate about," he said. "Being an entrepreneur and trying something new — you might succeed, or you might fail, but you will be better for it," he said.

Eireann Rigby, 34, was a winner at the 2009 Young Entrepreneur Awards in Ottawa last night.

The winners' circle

Last night's winners include:
- Alberta's Steve Baines, 31, Matt Baines, 30, Chris Baines, 27, and Mike Baines, 22, of Enviro Foam Insulation;
- British Columbia's Daisy Leslie Orser, 30, and Adam Orser, 35, of The Root Cellar Village Green Grocer;
- Manitoba's Wade Barnes, 34, and Curtis MacKinnon, 33, of Farmers Edge Precision Consulting;
- New Brunswick's Allain Ouellette, 34, of City Glass & Locks;
- Nova Scotia's Kim Hong Dao, 27, Bang Gia Dao, 31, and Niem Gia Dao, 26, of Talay Thai Restaurant Ltd.;
- Québec's Patrick Grégoire, 34, of Boréal – Informations Stratégiques Inc.;
- Saskatchewan's Johan van den Berg, 33, and Charla van den Berg, 34, of Plains Powder Coating and
- Yukon's Julien Plourde, 27, of Technical Solutions Company Limited.



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MLB playoffs continue
The Los Angeles Angels of Anaheim hosted the New York Yankees last night in Game 4 of the American League championship series. For a recap of that game and a preview of tonight's National League tilt between the Los Angeles Dodgers and the Philadelphia Phillies, visit **metronews.ca/sports**

Sports

Hingis to stay retired

Martina Hingis, left, won't make a comeback to competitive tennis. The 29-year old Hingis, who retired after getting a two-year ban in 2007 for testing positive for cocaine, said yesterday in an interview with L'Equipe that she is happy with her new life. Hingis added that even without being tested positive, she likely would have retired. THE ASSOCIATED PRESS

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

Sports in brief

HOCKEY Canada will play two exhibition games in Regina plus another in Calgary in preparation for the upcoming world junior hockey championship in Saskatchewan. Canada will play Sweden in Regina on Dec. 20, Finland on Dec. 22 in Calgary, and the Czech Republic back in Regina on Dec. 23.
NFL Pittsburgh Steelers coach Mike Tomlin says kicker Jeff Reed will play in Sunday's home game against the Minnesota Vikings despite being charged with simple assault, resisting arrest, disorderly conduct and public drunkenness for allegedly scuffling with Pittsburgh police outside a bar.
SOCCER Major League Soccer received its third consecutive A for racial hiring yesterday from the University of Central Florida's Institute for Diversity and Ethics in Sport. Its gender grade improved to a B from a C-plus last year.
SOCCER FIFA president Sepp Blatter says the world football body is establishing a new award named after Hungarian legend Ferenc Puskas, which will be given to the player who scores "the most beautiful goal" of the year.
TIGER Tiger Woods has won the points-based player of the year award, the Vardon Trophy and the Arnold Palmer Award. Woods is also up for the PGA Tour player of the year award, which is voted on by the players. METRO NEWS SERVICES

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Sutter learns from cap issues

TheHockeyNews
Brian Costello

thehockeynews.com

Calgary's unfortunate run-in with the NHL's salary cap police last season won't happen again under Darryl Sutter's regime.

The GM is clearly being uber-careful with how much the Flames are spending on payroll this season. He's even doing some early-season positioning so the team has the option to pick up a depth forward in the $2-million range before the NHL trade deadline.

It's tough to forget Calgary's problems with the salary cap last season. The acquisition of Olli Jokinen at the trade deadline put the Flames right up against the cap. Then a rash of injuries forced some call-ups which put the team over budget. Calgary had to play several games down the stretch one or two players short of the 18-skater roster limit and that was a key contributing factor in the Flames losing the division title and third seed in the playoffs.

Sutter made some astute moves over the summer to clear cap space — dumping Jim Vandermeer's $2.3 million and Wayne Primeau's $1.4 million — and let four contributing UFAs walk (Mike Cammalleri, Adrian Aucoin, Todd Bertuzzi, Jordan Leopold) in order to sign Jay Bouwmeester and make the Flames more manoeverable.

For a recap of last night's game between the Flames and the Blue Jackets, visit: **metronews.ca/sports**

And like Sutter did a year ago in securing unheralded support players on the cheap (Rene Bourque at $1.35 million, Curtis Glencross at $1.2 million and Mark Giordano at $891,000), the Calgary GM went after players who were seeking opportunity rather than immediate fortune. Nigel Dawes ($850,000) and Fredrik Sjostrom ($750,000) both fill important roles at a fraction the cost of a proven NHLer.

Next move is to lock up key players who are coming off contracts. Bourque is a pending UFA who will command $4 million-plus on the open market if he posts a 30-goal or 60-point season. Maybe he'd sign a long-term deal now that's closer to $3 million.

Whatever happens, the Flames have come a long way since the cap crisis from a year ago.

The Hockey News thn.com

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NAME	LOCATION	GP	G	A	PTS
1. Patrick Reed	AB, CA	119	71	74	145
2. Stephanie Warren	NS, CA	119	68	74	142
3. Danny Chan	ON, CA	116	61	78	139
4. Jay Mitchell	ON, CA	117	66	72	138
4. Lorne Willmott	ON, CA	116	65	73	138
4. Neil Mann	ON, CA	120	67	71	138
7. Christian Gagnon	NB, CA	116	62	75	137
7. Derrick Yee		120	66	71	137
7. Kyle Turk	NS, CA	118	65	72	137
10. Paula Almeida-Stille		120	62	74	136
10. Stephen Stille	ON, CA	120	62	74	136
10. Terry Bobryk	AB, CA	120	55	81	136
13. Douglas Skanderup	AB, CA	119	68	67	135
13. Jonathon Gremsperger	BC, CA	118	64	71	135
13. Rick Kit	ON, CA	117	61	74	135

* Results exclude Quebec

markerzone.com metro

New technical education centre in B.C.
B.C.-based College of New Caledonia held a groundbreaking ceremony last Thursday for its $19.7 million Technical Education Centre at the Prince George campus. The 7,000-square-metre centre will house training programs such as welding, automotive collision repair and engineering technology. METRO NEWS SERVICES

Workology

Call to go back to the tap

A recent report from the Polaris Institute concludes that the disappearance of water fountains at Canadian post-secondary institutions is, in part, caused by increased bottled water consumption and beverage exclusivity contracts. The report recommends campuses take a cue from the municipal "back to the tap" movement and limit the sale of bottled water and reinvest in drinking fountains. METRO NEWS SERVICES

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Journalism will thrive again

Bonnie Fuller says the fourth estate's future is as healthy as her impressive resumé

JON TATTRIE
for Metro Canada

With The September Issue, a documentary about Vogue's Anna Wintour, premiering Friday, Metro decided to take a look at the powerful women in the world of fashion journalism.

Bonnie Fuller scoffs at the predictions of journalism's death. "I don't believe it's a dying breed. I think that we are in the midst of a major revolution," the celebrity journalism giant says. "There is going to be less print journalism, but that doesn't mean there isn't still a lot of journalism."

The much-Twittering Fuller is working on a relaunch of HollywoodLife.com and has been editor-in-chief of US Weekly, Glamour, Cosmopolitan, Marie Claire, YM and Flare magazines, and is a regular guest on NBC's Today show.

"We're in businesses," she says of journalism. "When you have businesses, you have customers and you have to sell products in order to survive. It can't be viewed as simply the work of good deeds."

In other words, a free press is great, so long as someone is buying it.

A key part of her thriving media career is the Bonnie Fuller brand, as expressed in her company, Bonnie Fuller Media (Bonniefuller.com).

"It was my job to become an expert on my audience," she says. "To do a good job at Glamour, Cosmo, Marie-Clare, you really have to think hard about your audience, getting to know them and understanding them."

She's "very excited" about what she thinks will be a boom time for new journalism after the recession.

"If you're a student today looking at a journalism career … you can't think about only going into traditional magazines and newspapers. You do have to think about the opportunities of the digital world," she says. "I think traditional schools need to think about the new format. I'm not even sure that a lot of the schools adapted to the changes that were in print journalism. I don't know how much they ever taught about celebrity journalism."

Fuller's "celebrity lens" style of journalism explores the world via Michael Jackson, the Balloon Boy and Jon and Kate. "The great thing about … celebrities today is that they come in all different ages, shapes, sizes, backgrounds and ethnic groups. There's always somebody that you can relate to."

And whatever you're dealing with, chances are a celebrity is going through the same thing. "If you're trying to decide if you're going to have a baby, well, there's a female celebrity talking about whether it's time for her to have a baby. If your marriage is in trouble and you're wondering if you can go through divorce, you can look at Jon and Kate."

Gossip is in our genes, she says. (Google her Bigthink.com interview for her take on the cavewoman roots of celebrity journalism.)

"Everyone used to talk about the weather. It was the one, standard conversation," Fuller adds. "Now, when you sit down by a stranger at a party, you can start a conversation on infidelity, sexual harassment and office romances just by mentioning David Letterman. Celebrities are better than the weather," Fuller notes.

ALL PHOTOS: GETTY IMAGES

Bonnie Fuller, editor-in-chief of Hollywoodlife.com, arrives at the 6th Annual Hollywood Style Awards last week in Los Angeles, Calif.

Some promising jobs

STUDY Starting salaries in the accounting and finance, information technology (IT), and administrative fields are expected to remain relatively flat or see modest declines next year, but some positions will buck this trend, according to the 2010 Salary Guides from Robert Half International.

In accounting and finance, starting salaries for accounting and finance positions are expected to increase by an average of 0.5 per cent in 2010. Positions with the best prospects include:

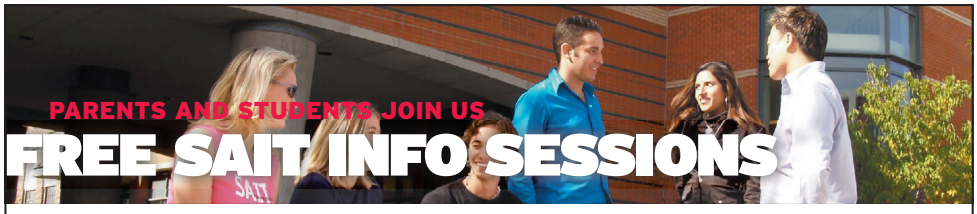
Tax accountant: Tax accountants with one to three years of experience at large companies (more than $250 million in sales) are expected to see an average national starting salary in the range of $46,500 to $61,500 US.

Compliance director: The starting salary range for a compliance director at a small company (up to $25 million in sales) is forecast to be $83,750 to $108,500.

Credit manager/supervisor: Credit and collections specialists who can evaluate credit risk, manage delinquent payments and help improve cash flow are in demand. Base compensation for credit managers/supervisors working in small companies is projected to range between $42,500 to $57,500.

Senior financial analyst: A senior financial analyst at a midsize company ($25 million to $250 million in sales) is anticipated to earn $57,750 to $74,000 in 2010.

METRO NEWS SERVICES



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OPEN HOUSE – OCTOBER 30 AND 31

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Promising future for trades at Southern Alberta Institute of Technology
On Friday, the Southern Alberta Institute of Technology kicked off its $75 million "Promising Futures" fundraising campaign in support of the the school's $445-million Trades and Technology Complex. METRO NEWS SERVICES

'The worst idea' ever in the Den

Dragons' Den
Dianne Buckner
metronews.ca/dragonsden

"You're so smart — how can you be so dumb?"

"We should give you a prize for the worst idea we've seen in four years."

Those harsh comments are directed at Karen Parhar, a beautiful young entrepreneur from Saskatoon, on tonight's edition of Dragons' Den.

To say the Dragons hate her business idea is an understatement — they breathe fire at Parhar.

How does Karen react to the scorching? You'll have to watch to see — but meantime, let me ask you this: How would YOU react?

It's never easy to hear negative feedback. And we all get feedback at some point. Most workplaces give annual performance reviews; some bosses make comments throughout the year, on a less formal basis.

When the comments are positive — that's a beautiful thing! Everybody loves being told they're doing a good job — but it's a different story when we hear that we're doing something wrong, or could be performing better.

In my opinion, any type of feedback is a gift. If someone is taking time to think about me, and share their perspective, I appreciate it. Based on what they say, I can get better at what I do, and hopefully, become more successful. To me, it says they care.

I saw some research years ago, done by an airline. They had discovered that customers who complain are potentially the most LOYAL customers. Their complaint showed they wanted to fix the relationship, and continue it. Those who didn't complain simply left and took their business elsewhere.

There's no question that the Dragons are quite brutal at times in their assessments. You'll see them give a wide variety of feedback to about a dozen entrepreneurs tonight. Watch how the pitchers react. You can see some disregard the critique, figuring this is just reality television. Others consider the feedback carefully, appreciating the independent assessment of their business and/or their pitching technique. They use the experience to make their next presentation that much better.

We all have the same choice when someone shares their views. We can either write them off as unfair — which does happen — or we can think about what we've been told, and decide if we want to make some changes in ourselves.

Parhar tells me the Dragons offended her, but she acknowledges the experience was "helpful." Whatever you think of her business idea tonight — you gotta love her attitude.

PHOTO SUBMITTED

Saskatoon, SK student Karen Parhar hopes to steer her way to a deal for her accident prevention stickers on Dragons' Den tonight on the CBC.

Dianne Buckner is the host of Dragons' Den. Tonight's episode airs at 8 p.m. on CBC. Follow Dianne on Twitter @DianneBuckner.

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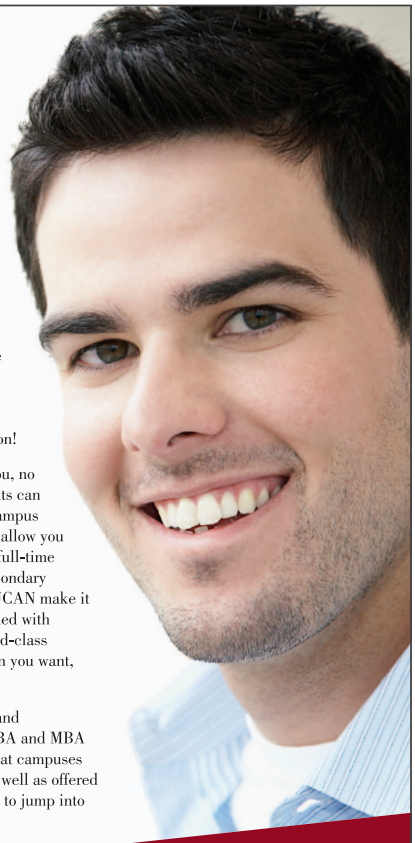

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What should employees do?
Avoid free legal advice or opinions provided over the Internet, however tempting that may be. Don't work with lawyers who simply dabble in employment law. Ensure you understand how you will be billed for the lawyer's time. **DANIEL LUBLIN/SEE COLUMN BELOW**

No such thing as a 'free' consultation

WorkplaceLaw

People often get exactly what they pay for. This is as true in law as it is in life. Here is one story that should make employees pause when they are offered a "free" consultation with a lawyer.

Recently, a client who came to me was seeking a second opinion following a complimentary session with another lawyer. He had found a labour lawyer on the Internet, which doesn't usually pose a problem, except that this particular lawyer's website promised that the entire consultation process would be free. Since the client had just been fired, he was unfortunately drawn to the lawyer's promise, believing that he would get an opinion on his case without spending a dime.

The client submitted a summary of his problem on-line. The lawyer swiftly replied — providing an "opinion" that based on the facts of this person's case, he had been wrongfully dismissed. The problem, however, is that he was simply wrong.

Most provincial law societies, which are regulatory bodies that oversee lawyers' conduct, caution lawyers against providing summary opinions without having properly assessed the facts. This is because unsuspecting clients may rely on the advice they were given, however flawed, and take steps that mistakenly prejudice their own case without the lawyer's involvement.

Based on the advice he had received, the client agreed to meet at the lawyer's office to further discuss the case. Their meeting lasted 20 minutes, during which the lawyer assured him that his case was a good one and then had the client pay $1,500 so he could review the file and write a demand letter. They then entered into an agreement that permitted the lawyer to bill him based solely on the time he would spend on the file, regardless of the result.

Later on, during the lawyer's comprehensive review of the file, he discovered that the employment contract the client had signed had all but disposed of the case. The lawyer hadn't bothered to discuss the contract as a potential problem during their initial meeting (something that most employment lawyers should spot as a matter of course). But, by the time the lawyer later realized the significance of the issue, he had already performed hours of work — which, according to the retainer agreement the client had signed, was time that he would be paid for. Therefore, the client had been billed twice the standard fee that most counsel charge for an initial meeting. This client's "free" consultation had become something much different. And his tale is, unfortunately, not an unusual one.

Daniel A. Lublin is an employment lawyer with Whitten & Lublin LLP. Reach him at dan@toronto-employmentlawyer.com.

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Outback wins Motor Trend award

The Subaru Outback has been named Motor Trend's 2010 Sport/Utility of the Year, marking the first time an automaker has won two consecutive Sport/Utility awards following the Subaru Forester's win in 2009. CANADIANDRIVER.COM

Metro Drive

The race is on

Love that Audi R8 5.2 FSI Quattro? Now you get to drive it, along with some of the world's most exotic cars, when XBox 360's racing title Forza Motorsport 3 launches next week.

METRO NEWS SERVICES

EDITOR: KUMAR SAHA, KUMAR.SAHA@METRONEWS.CA

Mazda makeover

CX-7 more handsome than Japanese rivals

PETER BLEAKNEY
for Metro Cannada

When Mazda launched the five-seat 2007 CX-7 in 2006, the idea of a mid-size crossover with sporting pretensions was relatively novel, and this all-wheel-drive turbocharged number with the radically raked windshield broke some new ground.

My, how things have changed. In this hotly contested and highly congested market segment the Mazda CX-7 is kinda old news.

For 2010, the CX-7 gets a midlife makeover featuring Mazda's new leering corporate visage, interior upgrades, structural strengthening and improved sound insulation, all in the name of refinement. Of more significance is the availability of an entry-level GX front-wheel-drive-only model powered by a naturally-aspirated 2.5L 161 hp four. It bows at $27,995.

2010 Mazda CX-7

Type: Crossover utility vehicle
Price: from $27,995
Engine: 2.5L four-cylinder
HP: 161

Highlights

- Classy interior
- Excellent driving feel

All the testers on this program were fitted with the $2995 Luxury Package that added power moonroof, leather upholstery and door trims, leather-wrapped steering wheel and shift knob, heated seats (eight-way power driver's with manual lumbar support and four-way power passenger), Bluetooth and automatic climate control.

This is on top of the GX's standard 17-inch alloys, rain-sensing wipers, telescopic steering wheel, traction and stability control, brake assist and Multi Information Display (MID).

The sharp-eyed among you will notice the GX's 28 grand price tag is more than your base RAV4 ($24,345) or CR-V ($25,790 — cash only), but Mazda says this is in line with similarly optioned models from Honda and Toyota.

For 2010, the CX-7 gets interior upgrades and structureal strengthening.

Indeed, first impressions of the CX-7 GX are favourable. The interior gets improved plastics, nicely padded arm rests on the doors, a new multi-function steering wheel, gauges ringed in blue illumination with white dials, and some tasteful dark-chrome accents. The upper dash is recontoured to house the new LCD Multi Information Display that offers trip computer functions, rear view (standard on GT) and maintenance info. It's a handsome and airy cabin with excellent forward vision, and is a couple of steps up in quality from its Japanese rivals.

The interior gets better plastics, nicely padded arm rests and a new multi-function steering wheel, among other improvements.

The DOHC 2.5L four that generates 161 hp and 161 lb.-ft. of torque at 3500 r.p.m. may be new to the CX-7, but it also does duty in the Mazda6, Mazda3 and Ford Escape.

On the highway, the GX settles into a relaxed and stable cruise, showing 2400 r.p.m. at 120 km/h. It was remarkably free of wind and road noise.

Over the twisty portions of our test route, this entry-level CX-7 showed the typical attributes of a Mazda: excellent steering feel, good body control and a general dynamic cohesiveness that suggests the development engineers do enjoy driving.

For more reviews of the latest cars, visit:
metronews.ca/autoreviews

Car Insurance Roadblock

Consumers concerned insurers don't want drivers with tickets or accidents

Worried Your Spotted Driving Record Means You've Got Nowhere To Turn For Car Insurance?

Don't be. While it's true that, all things being equal, your tickets and accidents make you a more expensive risk to insure than a similar car and driver with a clean driving record, that doesn't mean you should have trouble finding insurance – assuming you know where to look. Different insurance companies target different types of business and this is reflected in things like their claims service, marketing efforts, discounts, and most importantly for you, their rates.

Should I Just Accept That I'll Have To Pay A Bundle?

No. Sadly, this is a mistake many drivers make and it can be a costly one, especially if they don't bother to shop around for the lowest rate available. The key to finding the best rate, especially if you have tickets or accidents on your driving record, is to figure out which insurance company of the more than 20 in Alberta has the best rate for your particular situation. And with rates varying so wildly across companies, chances are you are not with the company that has the lowest rate for your profile right now.

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High fashion with smart

SPECIAL EDITION The latest addition to the smart fortwo range is certain to live up to its namesake — the edition highstyle.

Finished in trendy chocolate brown metallic and boasting a sumptuous, well-equipped interior, the edition highstyle takes the smart's distinctive look to a whole new level.

Complementing the edition highstyle's striking exterior finish are 12-spoke, 15-inch alloy wheels, a silver tridion safety cell and unique, aluminum-look "highstyle" logos. The fashionable theme continues inside.

The spacious interior benefits from heated, leather metallic silver seats together with leather optic door inserts and upper and lower dashboards.

Matt-silver details add a stylish touch while the driver enjoys a leather three-spoke steering wheel with gearshift buttons and leather-trimmed gear knob.

The integrated audio and navigation system from Pioneer will be music to the ears of the edition highstyle's occupants and as well as offering Bluetooth wireless telephony, iPod and USB connectivity, the entertainment system also features full satellite navigation.

FROM CARGUIDE

The highstyle edition ups the ante for the smart fortwo lineup

Infiniti readying first hybrid

GOING GREEN Infiniti has confirmed its first production hybrid vehicle will form part of the recently announced M range of luxury performance sedans. With its introduction, the Infiniti M35 Hybrid will realize the high performance/low emissions promise of the Essence concept car. On sale beginning Spring 2011, depending on market, the M35 Hybrid will be the brand's first hybrid in its 20-year existence.

FROM CARGUIDE

AutoPilot

Mike Goetz

Read this week's column at metronews.ca/autopilot

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AMVIC LICENSED

Math on vacation

The new Sum of All Thrills at Epcot at the Walt Disney World Resort in Lake Buena Vista, Fla., is a ride designed to inspire young students about the power of math and math-related activities. METRO NEWS SERVICES

Travel

Miss Popularity

San Francisco was named the best U.S. city to visit for the 17th year in a row in Conde Nast Traveler magazine's 2009 Readers' Choice Awards. The awards appear in the magazine's November issue, ranking the best cities, cruise lines, airlines, hotels and resorts worldwide based on survey responses from 25,000 readers. Charleston, S.C., took the No. 2 spot on the U.S. cities list, followed by Santa Fe, N.M. THE ASSOCIATED PRESS

TRAVELDESK@METRONEWS.CA

Finding balance at a Boston hotel spa

City's sleek Mandarin Oriental ups the ante on Beantown wellness offerings

ANNE DIMON
for Metro Canada

MANDARIN ORIENTAL

Left, an exterior view of the Mandarin Oriental Boston. Right, a wet treatment room at the hotel's sleek spa.

Left, another spa treatment room at the Mandarin Oriental Boston. Right, the tranquil Tea Lounge, where spa meals are served.

Boston offers numerous spas — many of which are mixed in with cafés, galleries and designer shops along chic Newbury Street in the ritzy Back Bay neighbourhood — but with the opening of the Mandarin Oriental, the spa bar has been raised.

Simply arriving at the sleek boutique hotel sets the tone for anyone seeking a sense of well-being. That could have something to do with the Feng Shui Master who consulted on the project.

Among the things he recommended was relocating the front entrance to align with the Charles River and allow the free flow of good energy from the water element. Further nods to Feng Shui principals are incorporated throughout as fire, metal and other elements are worked into the gracious and contemporary design and decor.

Located on the fourth level of the hotel, the gracious spa anchors the Lifestyle Floor. This is where you also find eight Lifestyle Rooms with special amenities such as bamboo floors, yoga mats and a selection of wellness-related reading material.

The small but well-equipped gym is also here. No worries if you've forgotten to pack your work-out gear — the spa provides. Clothing, shoes and socks come complimentary courtesy of the spa and Nike. I asked, and they delivered to my room neatly presented on a bamboo tray.

As guests enter the spa, the sound of water trickling down a marble wall sets a calming mood. Memories of other Mandarin Oriental hotels visited — Singapore, Miami, New York — come to mind and I know it's the little touches that make the MO spa collection distinctive.

The arrival ritual, for instance, offers guests a small bowl of herbal tea and a hot cloth presented on a small bamboo tray, as shoes are exchanged for a pair of spa sandals. There are fresh orchids gently placed on pristine white towels and a gift for each guest.

"The largest and most luxurious in the city, the spa offers nine treatment rooms, private wet areas and a tranquil Tea Lounge where spa meals are served."

The largest and most luxurious in the city, the spa offers nine treatment rooms, private wet areas and a tranquil Tea Lounge where spa meals are served. In the ladies' locker room with its experiential shower, whirlpool and Crystal Steam Room, I take time to steam and allow the crystals to draw out any negative energies, then cool down courtesy of a fountain of crushed ice.

Spas in the collection each offer a full menu of services with signature treatments such as the customized Time Rituals and those developed in consultation with specialists of Traditional Chinese Medicine but today, I decided to buy local and go for the New England Retreat.

This one hour and 50-minute experience — including scrub, wrap and massage — incorporates local-grown herbs such as horsetail, lavender, calendula and St. John's Wort. As with most of the spa brand's specialty treatments, this one begins with a ritual foot bath and the pure resonating peal of Tibetan chimes.

It's a lovely treatment and totally appropriate for a city that bills itself as the Gateway to New England.

Post treatment, it's back to the relaxation room for a quiet moment, to sip on water and snack on almonds before heading to nearby Newbury Street for a little retail therapy. It's all about balance.

Anne Dimon is a spa and wellness travel writer and editor of traveltowellness.com

More info

- mandarinoriental.com/boston
- bostonusa.com

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was $1429
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Hasselhoff signs up for reality TV show

David Hasselhoff is set to star in a new reality TV show. The former Baywatch star has reportedly signed up for a new program with his teenage daughters Hayley and Taylor. FEMALEFIRST.CO.UK

Entertainment

Giving up TV

Mischa Barton has given up on TV following the cancellation of series The Beautiful Life. "That whole world of network television, probably isn't, for me, a good idea now," she said. POPEATER.COM

EDITOR: DEAN.LISK@METRONEWS.CA

Swiss reject Polanski bid for release

PEOPLE

Polanski

Roman Polanski's three decades as a fugitive are coming back to haunt him.

Noting his previous escape from U.S. authorities, Switzerland's top criminal court yesterday rejected Polanski's appeal to be released from prison because of the "high" risk that the 76-year-old director would try to flee again.

Polanski's offers of bail, house arrest and electronic monitoring failed to sway the tribunal. Tthe United States seeks to have him extradited for having sex with a 13-year-old girl in 1977. THE ASSOCIATED PRESS

Levy heard, but not seen

Actor voices character in Astro Boy

STEVE GOW
for Metro Canada

Eugene Levy has all but disappeared from appearing on film. The SCTV legend — who's memorable on-screen creations include nightclub hack Bobby Bittman or Jim's well-intentioned dad from the American Pie film franchise — has been hiding in a recording studio quite a lot lately.

"Evidently, no one wants to see my face," joked the Canadian funnyman during a recent interview to discuss his latest role in the computer-animated family film, Astro Boy. It's the star's third voice-appearance in a movie in as many years.

"The odd thing about this kind of work is you've got to go in with an empty head and be prepared to give (the filmmakers) whatever they want," said Levy of his recent ventures in voice-acting. "The very first animated thing I did, I remember going in and looking at the pages and then preparing and studying and figuring, 'Okay, I'm going to give them something different here.'

Astro Boy opens Friday

"Then you go in and you give it to them and they say, 'Well, that's wonderful and now try it this way,' and then you realize that you're going to go through 10, 15, 20 variations on every line."

Lucky for Levy, his extensive experience as one of the writers and actors behind the heavily-adlibbed comedy hits Best in Show and A Mighty Wind (for which he actually won a Grammy Award) have added value in the voice booth.

"I'm a character actor and I get the supporting roles — and even in the animation, they're supporting roles — which means there's really more flexibility to go off-script."

In the case of Astro Boy, Levy plays Orrin, a neurotic, bumbling android-servant to young Toby, the enigmatic little boy who turns into a robotic superhero.

Canadian funnyman Eugene Levy voices Orrin in the Astro Boy.

"You can't beat a good superhero," said Levy when asked about the ongoing popularity of the Japanese character, who first appeared in a 1951 comic. "This is a robot who is created in the likeness of a little boy and he's got human feelings … for this kind of an audience, you can't really beat that as your hero — a little guy who can kick ass and he's got a heart of gold."

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TMZ.com founder fights Gibson case

The founder of celebrity news site TMZ.com is promising a fight after he says the Los Angeles County sheriff's department illegally obtained his phone records in its investigation into who leaked a report on actor Mel Gibson's 2006 drunken driving arrest, including details on the actor's anti-Semitic tirade.

"It's outrageous. We've met with lawyers and are charting our course of action. This is not going to go away."
Harvey Levin, ounder of celebrity news site TMZ.com

Harvey Levin's comments came during a speech Monday night at UCLA at an event hosted by the Radio and Television News Association of Southern California. He said he considers the department's actions an assault on the First Amendment.

"It breaks federal law. It breaks state law," Levin said. "It's outrageous. We've met with lawyers and are charting our course of action. This is not going to go away."

An after-hours call to a sheriff's department spokesman was not answered.

Gibson was arrested for misdemeanour drunken driving on July 28, 2006, on Pacific Coast Highway in Malibu. His anti-Semitic slurs, detailed in a report leaked to TMZ.com, provoked outrage, and the Braveheart actor and director later apologized.

The officer who arrested Gibson, Deputy James Mee, became the target of a criminal investigation into whether he leaked the arrest report.

Records obtained during that investigation showed several calls between Levin and Mee's home. But authorities determined it was impossible to say who made the calls on Mee's end of the line.

Prosecutors eventually declined to charge Mee, citing a lack of proof that he leaked details about the case.

Gibson pleaded no contest in August 2006 and was given three years' probation, fined $1,400 and ordered to attend Alcoholics Anonymous meetings.

Earlier this month, a judge agreed to expunge his drunken driving conviction after he successfully completed the terms of his probation.

THE ASSOCIATED PRESS

Rihanna's topless CD artwork

Rihanna

MUSIC Rihanna is exposing her fans to more than her music with her new single, Russian Roulette.

The singer is featured nearly topless on artwork for the song, covered only by what looks to be barbed wire.

The photo fits the apparent theme for her new album, Rated R, which is due out Nov. 23. It will be her first CD since 2007's Good Girl Gone Bad, which went multiplatinum. It will also be her first solo single since she was attacked by ex-boyfriend Chris Brown.

Russian Roulette was to debut Tuesday on Rihanna's website.

THE ASSOCIATED PRESS

In brief

LEGAL The ninth-season winner of reality TV show Big Brother, Adam Jasinski, has confessed to using his $500,000 prize to buy thousands of oxycodone pills and resell them, authorities said. THE ASSOCIATED PRESS

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CA	Vu	SC		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime	267	351	- ACCESS	Alberta Primetime		(8:01) Eastwick (N)		So You Think You Can Dance		The Middle (N)	Hank (N)	Primetime
	243	317	3 CFCN	etalk	Hollywood	America's Next Top Model (N)		CSI: NY "Battle Scars"		Criminal Minds (N)		CTV News
	-	-	4 OMNI	The Office	The Simpsons	Omni News: S. Asian Edition		Omni News: Cantonese Edition		Two/Half Men	Two/Half Men	Metropia
news	-	371	5 KXLY	4 News at 6	4 News at 6:30	Entertainment	The Insider (N)	Hank (N)	The Middle (N)	Modern Family	Cougar Town	Eastwick
	245	306	6 CBRT	Wheel-Fortune	Jeopardy! (N)	Dragon's Den (HDTV) (N)		The Tudors (N) (DVS)		CBC News: The National		The Hour
	244	338	7 CICT	ET Canada	Entertainment	Melrose Place (N)		Bones		Glee "Mash Up" (N)		News Hour
	246	-	8 CKAL	Law & Order: SVU		The Jay Leno Show (N)		Mercy (HDTV) (N)		Modern Family	Cougar Town	Your City
	119	705	9 CBXFT	Virginie (SC)	L'Épicerie	Le Moment de vérité (SC)		Hauts		Le Téléjournal Nouvelles. (SC)		TJ Alberta
	-	-	10 SHAW	(6) Local Programming						Local Programming		
sports	-	372	12 KREM	News	Hollywood	The Doctors (N)		Old Christine	Gary Unmarr	Criminal Minds (N)		CSI: NY
	-	374	14 KSPS	NewsHour With Jim Lehrer		Paris "Blood & Chocolate"		Great Performances (HDTV) (N)				Art-Century
	502	390	15 CBC	CBC News: The National		Planet Earth		CBC News: The National		CBC News: The National		Planet Earth
	-	370	16 KHQ	News (N)	Be-Millionaire	Jeopardy! (N)	Wheel-Fortune	Mercy (HDTV) (N)		Law & Order: SVU		Jay Leno Show
	-	373	22 KAYU	The Office	Raymond	Two/Half Men	Two/Half Men	So You Think You Can Dance		Glee "Mash Up" (N)		News
family	297	652	37 WPIX	Melrose Place (HDTV)		PIX News at Ten Tong.		Two/Half Men	Friends	Friends	According-Jim	Family Guy
	500	500	29 CNN	CNN Presents "Latino in America" (HDTV) (N)				Anderson Cooper 360		CNN Presents "Latino in America"		
	508	502	31 CNN2	The Joy Behar Show		Nancy Grace		Showbiz Tonight		The Joy Behar Show		Nancy Grace
	400	400	21 TSN	NHL Hockey Vancouver Canucks at Chicago Blackhawks.				SportsCentre		World Poker Tour: Season 7		NASCAR Race
	408	418	27 net	(6) MLB Baseball Los Angeles Dodgers at Philadelphia Phillies.					Sportsnet Con.	Sportsnet Connected		Ult. Fighter
	410	403	30 SCORE	(5) RaceNight		WWE Vintage Collection		Score Now		Score Now		Score Now
	411	457	44 OLN	Survivorman		Ghost Hunters		Bounty Hunter	Bounty Hunter	Survivorman		Ghost Hunters
	417	406	48 SPEED	Pass Time	Pass Time	Wrecked	Wrecked	Pimp My Ride	Pass Time	Amer. Thunder	Pinks Outtakes	Pass Time
	552	543	20 YTV	iCarly	iCarly	Drake & Josh	That's-Weird	Malcolm-Mid.	Hates Chris	8 Simple Rules	What I Like	Family Biz
	557	541	39 FAM	Han. Montana	Wizards-Place	Sonny Chance	Zack & Cody	Overruled!	Han. Montana	Wizards-Place	Latest Buzz	Ned's School
	555	545	67 TOON	Scooby Goes Hollywood		*Scooby-Doo and the Reluctant Werewolf* (1988)				Futurama	King of the Hill	American Dad
cable variety	575	583	11 CMT	According-Jim	According-Jim	Home Improve.	Home Improve.	Due South "The Deal"		Reba	Reba	According-Jim
	553	546	17 TREE	Little Bear	Bucket-Dinos	Babar	Big & Small	Max & Ruby	Dragon (DVS)	Backyardigans	Ni Hao, Kai-lan	Go, Diego, Go!
	505	398	19 TWN	(5) EarthWatch One		EarthWatch One		EarthWatch Two				
	602	568	23 W	House-Sell	Style by Jury	Old Christine	Friends	Friends	Grocery Bag	Grocery Bag	Yourself Sexy	Chef Worthy
	521	560	24 TLC	King-Crown	King-Crown	Toddlers & Tiaras (N)		I Didn't Know	I Didn't Know	King-Crown	King-Crown	Toddler-Tiara
	603	561	25 FOOD	Iron Chef America		Chopped (N)		Chef School	Chef School	Unwrapped	Unwrapped	Chopped
	615	520	26 A&E	Bounty Hunter	Bounty Hunter	Dog the Bounty Hunter		Manhunters	Manhunters	Bounty Hunter	Bounty Hunter	Bounty Hunter
	617	522	32 SHOW	Trailer Park	Trailer Park	The Outer Limits		The Guard "Wake"		Found.	Paradise Falls	Bones
	601	562	33 SLICE	Newlywed	Newlywed	In Laws	In Laws	ET Canada	What Happen?	Biggest Loser Australia		Beauty, Geek
	-	633	34 ENC2	Filmography	(7:25) *Midnight in Saint Petersburg* (1997)			*Blue Thunder* ★★ (1983, Action) Roy Scheider, Candy Clark.				*The Car (1977)*
	520	505	35 DISC	Mega Builders (N)		Mayday		Daily Planet		Mayday		Pitchmen
	620	523	36 BRAVO	Wingfield	Star Portraits	Achieving the Unachievable		Law & Order "Take-Out"		Without a Trace "911"		Achieving
	294	650	40 WPCH	The Office	The Office	*Striking Distance* ★★ (1993, Suspense) Bruce Willis.				The Office	*Striking Distance* (1993)	
	626	547	41 COM	Just for Laughs		Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Michael
	-	539	42 TCM	(6) *Dodsworth* (1936)		*The Outlaw* ★★ (1943, Western) Jane Russell.				*Suspicion* ★★★ (1941, Suspense) (DVS)		
	628	584	43 SPIKE	UFC Unleashed (N)		The Ultimate Fighter (N)		UFC Countdwn: Machida		The Ultimate Fighter (HDTV)		CSI: Crime Scn
	522	516	45 HIST	Outlaw Bikers		Expedition Africa (N)		Life After People		Ice Road Truckers		Exped. Africa
	627	528	46 SPACE	Torchwood "Reset"		Supernatural (HDTV) (N)		InnerSpace (N)	Stargate SG-1 "Tin Man"		Star Trek: Next Gener.	
	-	-	47 AMC	(6) *Ghostbusters* (1984, Comedy)			*Ghostbusters II* ★★ (1989, Comedy) (HDTV) Bill Murray, Dan Aykroyd.					*K-9: P.I.* (2002)
	619	525	49 TROP	Project Runway Canada		King	King	The Outer Limits		ET Canada	What Happen?	Family Guy
	600	564	50 HGTV	Property Virgin	Unsellable	House Hunters	House Hunters	Holmes on Homes		Realtor-Realtor	Intervention	Property Virgin
	501	391	52 CTV	CTV News Tonight		CTV News	CTV News	CTV News	CTV News	CTV News	CTV News	CTV News
	504	508	70 BNN	Squeeze Play		Business News	Commodities	Market Call Tonight		Headline	Commodities	Squeeze Play
	526	507	92 VIVA	The Closer (Part 1 of 2)		Da Vinci's Inquest		Mediums	Encounters	Judging Amy		Missing
	269	350	93 APTN	Investigates	Reel Insights		Wings-Canada	Canadian Geographic		War of 1812		Storytellers
	-	-	94 MCP	World News	News	Sewing Maid	Boys Over Flo	Van. Nights	Iranian Pop	Sabor Latino		Sabor Musical
	571	581	100 MMM	Wild 'n Out	Wild 'n Out	Gene Simmons Family Jewels		The Daily Fix		Wild 'n Out	Wild 'n Out	Gene Simmons
	570	580	101 MM	America's Best Dance Crew		Degrassi: TNG	Degrassi: TNG	One Tree Hill		America's Best Dance Crew		My Date With...
	581	566	102 MTV	Peak Season	The City	The City	After	MTV Live	Sex News	The Hills	The Hills	The City
	-	-	116 TV5	*La Vérité*	Blanche	Mixeur	Sport	TV5 Le Journal	Les Carnets du bourlingueur		Découvrir le monde	

critics' corner

Law & Order: Special Victims Unit
After the shocking rape of a boy (guest star Cruz Santiago), Detectives Benson and Stabler find out that a chief suspect, the victim's stepfather (Jim True-Frost, "The Wire") is a member of a civil rights group that supports adult-child relationships. Stephanie March also guest stars in the new episode "Hard-wired." 10 PM on KHQ

RENO 911!
Jonah Hill ("Superbad") guest stars as season six premieres with an episode that resolves last season's cliffhanger question as to which deputies survived the taco stand accident. The premiere also introduces two new regular characters: by-the-book Sgt. Jack Declan (Ian Roberts) and iconoclastic Deputy Franky Rizzo (Joe Lo Truglio). Thomas Lennon, Kerri Kenney-Silver and Robert Ben Garant also star. 11:30 PM on COM

Mamie gets kneeling proposal
Meryl Streep's daughter, actress Mamie Gummer, is getting married. Gummer confirmed to usmagazine.com that actor-boyfriend Ben Walker "proposed two days ago" and "did it on one knee." METRO WORLD NEWS

Celebrity Buzz

Scarlett spooked by musical theatre

NOT IN THE LIMELIGHT Scarlett Johansson is putting off plans to appear on Broadway — because she suffers from "crippling" stage fright, femalefirst.co.uk reports.

The actress admits treading the boards in New York is a dream of hers, but she has to overcome a phobia of performing live first.

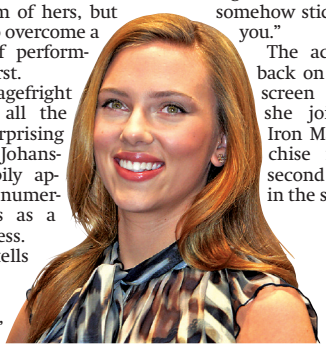
The stagefright is made all the more surprising because Johansson happily appeared in numerous plays as a child actress.

She tells America's Glamour magazine, "I would love to work on Broadway, but I don't know that it would manifest itself in musical theatre ... I have terrible stage fright that I'd have to get over.

"(It is) crippling. Not as a kid. It came on when I was a teenager, and I think it somehow sticks with you."

The actress is back on the big screen when she joins the Iron Man franchise for the second movie in the series.

METRO NEWS SERVICES



Octomom crushes on Jon

AN INDECENT PROPOSAL Jon and Nadya plus 22? If things go sour with girlfriend Hailey Glassman, Jon Gosselin has at least one other admirer: Nadya Suleman, usmagazine.com reports.

"I kind of have a crush on Jon Gosselin," the single mother of 14 quipped to Radaronline.com. "I think he's hot ... he looks cute in purple."

But Suleman, 33, doesn't crush on Gosselin at the expense of his estranged wife, Kate. "I feel for her. I wish everyone would leave her alone," she says, admitting she's never seen a full episode of their on-hiatus TLC show. "I'm sure she trusts herself and trusts that she's strong enough to handle it."

Dating advice? "I don't think any single mother of any amount of kids should start dating," she quipped.

Her sudden sympathy for Gosselin, 34, marks a change of heart. in June, Suleman sniped of the reality-TV star, "Why are you so desperate to glob on to my life? For attention?"

And despite earlier reports, Suleman insists she has no reality show plans of her own.

"I already made up my mind a long time ago," she says. "I think it's exploitative. I don't care what the dollar amount would be. It's not worth it. It's not healthy for the kids."

METRO NEWS SERVICES

Celebrity tweets

Rivers Cuomo doesn't like children, Taylor Swift loves her fans, John Mayer gets uncharacteristically introspective, and Pink gets some odd requests from fans.

• @riverscuomo
Anyone else ever turn off their lights and pretend like they're not at home on Halloween?

• @taylorswift13
Girl in the front row wearing a banana costume, I applaud you.

• @johncmayer
I can choose to indulge in my frustrations or I can choose to create a habit of happiness. It's not easy but it's worth the fight.

• @Pink
A girl just came up with a q-tip and asked me for a swab of my DNA. I said "I'm sorry, I'm an original"

METRO NEWS SERVICES

Reese knows her roots

SOUTHERN GAL You can take the girl out of the South, but you can't take the South out of the girl, people.com reports. Ask New Orleans-born, Tennessee-raised Reese Witherspoon, who spoke with InStyle magazine.

"We spend the weekends outside L.A, in Ojai, where I have a farmhouse," she says of her life with her kids and her boyfriend, Jake Gyllenhaal. "We have chickens and we grow cucumbers and tomatoes. I love it. It reminds me of where I grew up in Tennessee."

She admits, "Sometimes it's really difficult for me, being far away from home."

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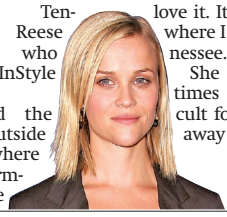


Lohan seeks restraining order?

BAD DAD Michael Lohan continues to tell anyone who will listen that daughter Lindsay Lohan is in desperate need of an intervention.

He showed up on an Australian radio show to tell everyone that Lindsay is addicted to prescription drugs, and that she and Samantha Ronson are just friends. Lindsay, meanwhile, is reportedly seeking a restraining order against her dad. "Her lawyer have already been contacted," a source tells People magazine. "She's scared. This is really serious."

METRO NEWS SERVICES

Hudson misses eating for two

WHY NOT HAVE ANOTHER? Jennifer Hudson is thrilled to have her new son, David, but there are a few things about being pregnant that she misses. "If I could go around eating like I ate while I was pregnant, that'd be the way to go," she tells Entertainment Tonight.

METRO WORLD NEWS

Salma seethes

PHOTO RAGE Salma Hayek knows what freaks her out: paparazzi. "What's freaky is the guy behind the camera who is desperate and so excited because he's seeing you walk into a supermarket," she says, according to Hollyscoop. "They're the freaks."

METRO WORLD NEWS

Paris throws big BF birthday bash

CAKE = LOVE Paris Hilton knows how to show her boyfriend a good time. The heiress threw Doug Reinhardt a surprise birthday party at her Beverly Hills mansion recently — and made herself the biggest surprise. Hilton reportedly jumped out of a giant birthday cake presented to Reinhardt, according to Page Six. "Paris went all out for her man's birthday. No expense was spared," a source says. "He had no idea about the party and was so happy."

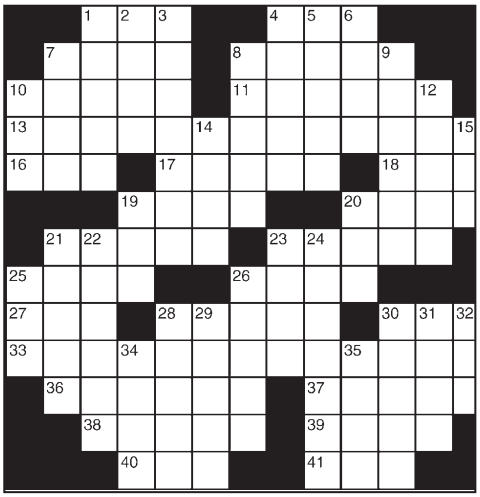
METRO WORLD NEWS

Today Afternoon clouds 9 C / -1 C
Thursday Sprinkles 13 C / 0 C
Friday Mostly cloudy 11 C / 1 C

BT BREAKFAST TELEVISION

Andrew Schultz, Meteorologist – Breakfast Television
"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta." **WEEKDAYS AT 6 A.M.**

Take Five



Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

3		7		1	8			4
	4		3					7
	6		2				5	
4							8	
		6	5		3	1		
	2							9
	9				5		7	
8					6		2	
5			4	9		8		

ACROSS

1 Unruly bunch
4 Min. fraction
7 Bear lair
8 Parishioner's donation
10 November birthstone
11 Shocked
13 He played Paul Drake on "Perry Mason"
16 Common bill
17 Resigns
18 Participated in track
19 — and void
20 Mineral in sheets
21 Filled fully
23 Disinclined
25 "Sultan of Swat"
26 Undulating
27 Superlative suffix
28 Artless
30 Knock
33 Fictional sleuth, anagram of 13-Across
36 Polar peak
37 Boring tool
38 States with certainty
39 Gunky stuff
40 NYC transit letters
41 Golf prop

DOWN

1 Syrup flavor
2 Elliptical
3 Game like pinochle
4 Vision
5 Community spirit
6 Fellow
7 Nickel, e.g.
8 Language of Sri Lanka
9 — de corps
10 Pair
12 Instruct
14 "— Lang Syne"
15 Genetic abbr.
19 To the — degree
20 Has permission
21 Cold fish?
22 Theseus' land
23 Volcanic flow
24 Emote
25 Agent, for short
26 Hardly macho men
28 More pleasant
29 In different places
30 Scalawag
31 Dumbstruck
32 Capita lead-in
34 Jeans maker Strauss
35 Entice

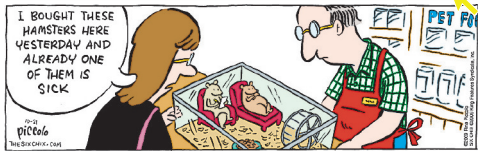
PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

A	B	E	T		S	P	A		M	A	D	E		
R	A	R	E		T	A	U		A	V	O	W		
G	R	I	T		O	R	G	A	N	I	Z	E		
O	R	C	H	A	R	D		R	I	V	E	R		
			E	L	K		A	I	L					
T	H	E	R	E		O	R	L	A	N	D	O		
W	E	B			E	L	M			O	O	P		
O	R	B	I	T	E	D		Z	I	N	G	S		
			G	E	L		F	I	N					
N	O	O	N	E		O	R	P	H	E	U	S		
O	R	D	I	N	A	R	Y		A	X	L	E		
S	C	O	T		U	S	E		L	I	N	E		
Y	A	R	E		F	O	R		E	T	A	S		

6	3	1	9	2	5	8	7	4
5	9	2	8	4	7	6	3	1
4	8	7	3	6	1	9	2	5
7	4	8	1	9	3	5	6	2
2	5	9	6	7	8	4	1	3
1	6	3	2	5	4	7	8	9
3	1	4	7	8	9	2	5	6
8	2	5	4	3	6	1	9	7
9	7	6	5	1	2	3	4	8

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca



Metro Recipe of the Day

Pierside Salmon Patties

INGREDIENTS:
2 eggs, beaten
1 cup (250 ml) milk
2 tbsp (25 ml) lemon juice
3 cups (750 ml) coarsely crushed saltines (about 66 crackers)
2 tsp (10 ml) finely chopped onion
1/4 tsp (1 ml) salt
1/4 tsp (1 ml) pepper
2 cans (14-3/4 oz./418 g each) salmon, drained, bones and skin removed

DILL SAUCE:
2 tbsp (25 ml) all-purpose flour
1 tsp (5 l) snipped fresh dill or 1/2 tsp (2 ml) dill weed
1/4 tsp (1 ml) salt
Dash pepper
Dash nutmeg
1-1/2 cups milk

METHOD:
1. In large bowl, beat eggs, milk, lemon juice, saltines, onion, salt and pepper. Add salmon and mix well. Shape into twelve 3-in. (7.5 cm) patties. Place in greased 15-in. x 10-in. x 1-in. (38 cm x 25.5 cm x 2.5 cm) baking pan. Bake at 350 F (180 C) 30-35 minutes or until lightly browned.
2. Meanwhile, melt butter in pot. Stir in flour, dill, salt, pepper and nutmeg until smooth. Gradually add milk. Bring to boil; cook and stir 2 minutes or until thickened. Serve with patties.

SERVES 6

rd.ca

For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
It's time to make a decision about a partnership matter. If you don't make it now the decision will be made for you, so stop beating around the bush.

TAURUS ♉
APRIL 21-MAY 21
Don't let your anxieties get the better of you today, especially in matters related to your physical, mental and emotional wellbeing.

GEMINI ♊
MAY 22-JUNE 21
You still have time before the Sun moves out of Libra to put the final touches to a creative project. It will bring you personal satisfaction.

CANCER ♋
JUNE 22-JULY 22
If you get involved in a falling-out between friends today you must make sure you are scrupulously even-handed.

LEO ♌
JULY 23-AUG 23
You might not believe that change is good but if you think about the positive changes of recent months you'll find it hard to disagree.

VIRGO ♍
AUG 24-SEPT 22
If you want something enough you will find a way to get it but watch out it does not cost you considerably more than you expected.

LIBRA ♎
SEPT 23-OCT 23
If you feel that time is running out and you need to do something quickly or miss out on your big chance then you need to get a grip on yourself.

SCORPIO ♏
OCT 24-NOV 22
The Sun in Libra has focused your mind on things you would no doubt prefer to ignore or even pretend do not exist.

SAGITTARIUS ♐
NOV 23-DEC 21
Making wishes might strike you as a complete waste of time but if you focus on what you desire today you might just get it.

CAPRICORN ♑
DEC 22-JAN 20
Do you carry on with something you started weeks ago? Only you can decide but it must be one or the other. Make a decision and stick to it.

AQUARIUS ♒
JAN 21-FEB 18
You are coming up to a critical time for work and career matters. You will get the chance to better yourself over the next three to five days. Aim high.

PISCES ♓
FEB 19-MARCH 20
Don't take what you hear too seriously today because it is most likely only a small part of the overall story.

Country Hills TOYOTA

5TH ANNIVERSARY THE WAIT IS OVER...

THIS IS IT!

SAVINGS

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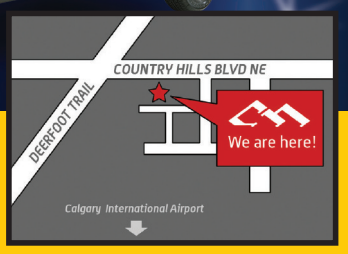
2010 CAMRY ONLY **$238**/MTH

2010 PRIUS HYBRID ONLY **$348**/MTH

2010 TUNDRA ONLY **$498**/MTH

2010 TACOMA ONLY **$398**/MTH



Country Hills TOYOTA

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Corner of Deerfoot Trail & Country Hills Blvd.

AMVIC LICENSED

*2009 Rav4, Model BE33VP AA, 48 mth lease, 3.90%, Total down payment $4,800, LEV $12,482.10,Vehicle Price $28,740. 2010 Tacoma, Model UU4ENA CA , 48 mth lease, 4.90%, Total down payment $5,400.00, LEV $17,491.05, Vehicle Price $37,170.00. 2010 Tundra, Model UY5F1T CA, 48 mth lease, 3.90%, Total down payment $6,200.00 includes $1000 Factory rebate, LEV $16,958.02, Vehicle Price $42,915. 2009 Yaris SEDAN BT903P BA , 60 mth lease, 1.90%, Total down payment $2,200.00 includes $500 Factory rebate, LEV $5,973.80, Vehicle Price $18,980. 2010 Corolla, Model BU 42EP BA , 60 mth lease, 3.90%, Total down payment $3100.00 includes $750 Factory rebate, LEV $7,181.00,Vehicle Price $19,687. 2010 Matrix, Model KU4EEP BA ,60 mth lease, 3.90%, Total down payment $4,250 includes $750 Factory rebate, LEV $7,860, Vehicle Price $21457.00. 2010 Prius, Model KN3DUP AA ,48 mth lease, 5.90%, Total down payment $4,600, LEV $12,595.50, Vehicle Price $29,510.00. 2010 Camry, Model BF36KPAA, 48 mth lease, 2.9%, Total down payment $6,000 includes $500 Factory Rebate, LEV $11,066. Air, tax, block heater, freight & PDI included. Tire tax ($20) + GST extra. OA C. Vehicles may not be exactly as illustrated. Win your purchase up to $50,000, no purchase necessary. See dealers for details.